

# New Mexico Young America Football League



## Spring Tackle Bar League Rules

**Approved with Amendments  
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# New Mexico Young America Football League

## 6 Man Tackle Football PLAYING Rules

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### Article I: Basic 6 Man Tackle Football Rules

#### **Practice Times and Restrictions**

The first week practice restrictions are as follows:

- Five (5) days for practice are allowed the first week.
  - Each practice of the first week must be no longer than 2 hours in length
  - First day of first week – Helmet, T-Shirt, Shorts, Cup and Cleats – **No Contact**
  - Second Day of first week – Helmet, Shoulder Pads, Jersey-Shirt, Shorts, Cup and Cleats – **No Contact**
  - Third practice of first week and each day thereafter – Helmet, Shoulder Pads, Jersey-Shirt, Shorts, Cup and Cleats – **Player on Player Thud Contact**
- The first Saturday of season is scrimmage Day at Mesa Del Sol

The second week practice restrictions are as follows:

- Each practice of the second and each week thereafter must be no longer than 1 ½ hours in length
- Five days of practice are allowed during the second week.

The Third week practice restrictions are as follows:

- Each practice of the third week and thereafter must be no longer than 1 ½ hours in length
- Three days of practice are allowed during the third week and thereafter.

#### **All Tackle Bar Age Divisions will play by 6 Man Football**

- Games will start with a coin toss at midfield with the winner of the coin toss choosing between receiving the ball or deferring to the 2<sup>nd</sup> Half. The other team will then have the option of which direction to go or if they want the ball or not.
- **DECEPTIVE PLAYS WILL NOT BE ALLOWED.** Trick plays are allowed that fall within the rules of the game. If there are questions regarding the definition of each, please contact the Director of Football or an official for clarification.
- One member from the home team and the visiting team's coaching staff or team parent will man the line markers during the game.

**Coaches on the Field:**

- One coach will be allowed on the field during the game from each team to assist in play calling for the Mite, Peewee, and Rookie divisions.

**Sideline Rules:**

- **Only those coaches on the official coaching roster, and who have gone through a background check will be allowed to be in the coaches and player box. Badges must be visible on each Coach/Team Manager.**
- It is the coach's responsibility to ensure the parents stay out of the restricted area. A referee can penalize the head coach for any misconduct on the sidelines of the team.

## **Article II: Field Dimension/Uniforms/Equipment**

**Field Dimension:**

All teams will play on an 80 X 40 yard field.

**Uniforms/Equipment:**

Helmets, shoulder pads and game jersey will be provided for each player by NMYAFL following registration. There will be no equipment issued to any player who has not completed all of the registration forms signed by the proper party, or who have not paid their registration fees in full. Equipment may not be used in this program unless it is approved by NMYAFL.

Helmets and shoulder pads must be returned **within 5 days of final game**. Parents are responsible for the cost of additional equipment when the equipment needs to be replaced due to theft or loss. The athlete will not play until he or she has the proper equipment, the condition of the equipment is safe, and the athlete is properly wearing their equipment.

The uniform for spring tackle bar football consists of a white helmet with approved NMYAFL decals, color game jersey (NMYAFL logo printed on the front jersey, with a number on the front and back). Shoulder pads and shorts. Players are **not** allowed to wear football pants during the tackle bar season. A colored mouthpiece other than white or clear is required to be worn at all times during practice and games.

Football or soccer 1/2 inch long maximum molded cleat or athletic shoe will be used for footwear. No Detachable cleats will be allowed. Uniformed Game Officials will have final authority as it relates to the proper uniform.

- **All Helmets must have the current NOCSAE approved "Warning Label" in a visible position on the outside of the helmet**
  - **This label shall not be removed and the player will not play if this label is removed.**

The wearing of mouth guards and chinstraps properly fastened is mandatory. A player will first be warned and then the team will be penalized for each additional violation.

- All Equipment is subject to inspection and rejection. All decisions are final by NMYAFL Commissioners. Equipment inspections may occur on the field before, during, or after games to ensure an athlete's safety.
- Face Shields are permitted as long as they are clear and approved by NMYAFL.

**Players are not allowed to participate in practice and games with cast or splints on any body parts, unless released with a physician's note.**

#### **Football Size:**

The size of the ball used during all games will be provided NMYAFL for all Age divisions.

Mites = Mini size football

Peewee and Rookie = Peewee size football

Freshmen and Sophomore = "Junior" size football

Junior = Youth Size Football

Varsity = Official Size

Coaches may use other youth size footballs in practice. However, it is recommended to use the provided footballs during both practice and games.

### **Article III: Game Timing / Timeouts / Scoring / Game Clock**

#### **First Quarter**

- 12 Minutes running clock

#### **Second Quarter**

- 12 Minutes running clock

#### **Halftime**

- 8 Minutes

#### **Third Quarter**

- 12 Minutes running clock

#### **Fourth Quarter**

- 12 Minutes running clock

- Intermission between quarters will last approximately 1 minute. The clock starts for the next quarter when the next play is snapped. Referee will give 30 second play clock prior to play starting.
  - Playing time will be kept by the best means available to the official. In no case except injury, time outs, and other official delays at the discretion of the official will the clock stop during the game. The clock will not stop with an incomplete pass or player running out of bounds. The offensive team has 30 seconds to get the ball into play. ***The clock will stop for change of possession.*** Change of possession will take no longer than 30 seconds. The referee will begin the play clock, and the offense has 30 seconds before a delay of game penalty (5 yards penalty).
  - The game clock will not stop for player substitutions. The clock will stop at the referee's discretion for player injuries. Players must leave the game for at least one play after an injury.

**Timeouts:**

- Each team will have 3 time outs per half. There is no carryover of time outs. The clock starts after timeouts when next play begins.
- Timeouts will be 1 minute long, after 1 minute, 30 second play clock will start.

**Scoring:**

- Touchdowns = 6 Points
- Running Extra Point from 3 Yard Line = 1 Point
- Long Kick Option - Kicking Extra Point from 3 Yard Line = 2 Points Varsity and Juniors
- Close Kick Option - Kicking Extra Point from 3 Yards inside back of endzone line = 2 Points Mighty Mites through Sophomores. Team must kick if this option is chosen
- Defensive Safety = 2 Points

**OVERTIME:**

If at the end of regulation play both teams are tied, two coaches and two players from each team will meet the referee at mid field for a coin toss. Both teams will get an offensive series and defense series. The team with the most points at the end of this first offense and defense series will determine the winner of the game. If the game is still tied the team will play a second play off as noted before. Each team will start their possessions from at the 10 yard line. The team with the most points at the end of the second overtime offense and defense series will determine the winner of the game. If there is still a need for a third or more overtimes. The above process will continue until one of the teams with the most points at the end of an overtime section wins. Starting with the 3<sup>rd</sup> overtime period, teams will be required to perform the extra point from the 8 yard line.

**Games cannot end on a defensive penalty, unless the offense declines it.**

**Mercy Rule:**

No head coach will deliberately run up the score. Clock will start when a team has a 35 point differential during or start of 4th quarter. In the Mites, Pee-Wees, and Rookies Coaches will not be allowed on field when a team has a 24 point lead.

**Game Tie Breakers:**

All Tie Breakers will be decided by the normal NMYAFL rules concerning tie breakers.

## **Article IV: Kicking**

**Kick-offs:**

- There are **NO** kick offs. The receiving team will take possession of the ball on their own 20 yard line to start the half or after a touchdown.
- Following a defensive safety, the ball will be placed at the 20 yard line for a free kick.

**Punting:**

- There is **NO** Punting. The Receiving team will take possession of the ball 25 yards from the previous spot.

### **Points After Touchdowns:**

- There are two options for the PAT
- 1 Point is scored from the 5 yard line if the ball crosses the goal line by either a pass or a run
- 2 Points are scored from the 10 yard line if the ball crosses the goal line by either a pass or a run
- There are no kicking extra points
- All PAT attempts are considered live ball- ie K can decline an encroachment call if PAT are successful. K may also accept the defensive penalty and decline the spot.

### **Article V: Defense**

- ***No Tackling or throwing players to the ground.***
- ***No Helmet initiated contact.***
- ***Players may never leave their feet to launch or dive into another player.***
- ***Wrap and Rip Technique is recommended. Defender breaks down wraps the ball carrier and rips the tackle bar.***
- ***A player is considered down when one tackle bar is removed. The defensive player shall hold the tackle bar in the air until the whistle is blown.***
- There is no minimum amount of down linemen on the defensive line
- Defensive lineman may line up in front of the offensive lineman, or in the gaps on the line of scrimmage, this includes lining head up in front of the center or either gap on the sides of the center
- The defensive unit cannot shout, yell, or clap their hands in order to disrupt the cadence of the offense.
- However, the defensive team may call audible plays while the offense is calling their play
- **Exception –** One coach is allowed on the field to call plays for the defensive team in the Mite, Peewee, and Rookie divisions only.
- Penalties for the above infractions will be 5 yards from the initial line of scrimmage.

### **Article VI: Offense**

- The offensive team has 4 downs to advance the ball 10 yards for another set of downs. - First downs will be marked by a sideline marker every 10 yards.
- In the Mite, Peewee, and Rookie divisions, one coach will be permitted to be on the field from each team to assist players with offense play calling.
- The Center Must Snap the ball between their legs
- ***Stiff Arms are NOT Allowed***
- No Center sneaks.
- ***NO Blocking below the waist. Blockers are encouraged to block with open hands inside the shoulders.***
- However, the guards/ends could become eligible if the coach aligns his players in such a manner to comply with the below 5 player on the line of scrimmage rule.

**Formation/Motion:**

- No fewer than 3 offensive players are allowed to line up on the line of scrimmage.
- Centers must be covered up by 2 guards that are on the line of scrimmage and are no more than 2 yards from the center.
- Any player who is on the end of the line of scrimmage is an eligible receiver.
- All 3 backs / receivers are eligible as receivers who are lined up off the Line of Scrimmage
- The ends may be tight or split out as wide as the field and either stand or assume a two point stance
- One player may be in motion at a time once the team is set

**Receiving:**

- All players on the end of the Line of Scrimmage or lined up in the backfield are eligible to receive passes (including the quarterback if the ball has been handed off or passed laterally from the quarterback).
- A player must have at least one foot inbounds when making a reception.

## **Article VII: Penalties (All Divisions)**

### **Tackle Penalty Summary**

**Loss of 5 Yards:**

1. Failure to properly wear mandatory equipment during down
2. Delay of game
3. Failure to properly wear mandatory player equipment just before the snap
4. Illegal substitution
5. Free-kick infraction
6. Free-kick out of bounds (ball will be placed at the offense's 20 yard line)
7. Invalid fair catch signal
8. Snap infraction
9. False start
10. Illegal formation
11. Less than 5 players on the line of scrimmage by the offense
12. Illegal motion
13. Illegally handing ball forward (loss of down)
14. Illegal forward pass (loss of down)
15. Intentional grounding (loss of down)
16. Ineligible receiver down field
17. Helping the runner
18. Incidental face mask contact
19. Sideline interference
20. Non players outside the box, but not on the field

**Loss of 10 yards:**

1. Illegal blocking technique
2. Interlocked blocking
3. Holding
4. Runner grasping a teammate
5. Illegal use of hands or arms
6. Illegal block in the back
7. Forward pass interference
8. Offensive pass interference (loss off down)
9. unsportsmanlike conduct(player non player)
10. Illegally kicking

**Disqualification associated with certain 10 yard penalties:**

- Fighting by player or non-player
- Intentionally contacting an official, coach, or commissioners
- Striking, kicking, or kneeling
- Any act if unduly rough or flagrant
- A **second** unsportsmanlike foul by player or non-player
- A substitute leaving the team box during a fight.

**Article VIII: All Other League Rules (All Divisions)**

- These rules are strictly playing rules for 6 man football and are not intended to replace any NMYAFL League rules regarding Coaches Conduct, Financial Responsibilities, etc. Please refer to the complete NMYAFL league rules for any further clarification.